GOOD BOWELS ARE AN AID TO GROWTH

Growing Children Need a Mild Lax- | ative to Foster Regular Bowel Movement.

As a child grows older it require more and more personal attention from the mother, and as the functions of the howels are of the utmost importance to bealth, great attention should be paid to them.

Dier is of great importance, and the mother should watch the effect of certain foods. A food will constipat title and not another, and so we have a healthy food like eggs causing bilinnerces to thousands, and a wholesome froit like bahanas constipating many. It is also to be considered that the child is growing, and great changes are taking place in the young man or young woman. The system has not yet settled limit to its later routine

A very valuable remedy at this has and girl should be given aften or occasionally, according to the individsal circumstances, is Dr. Caldwell's Syrup Pepsin. This is a laxative and tonic combined, so mild that it is effective in the most robust constitution. At the first sign of a tendency to constination give a small dose of Syrup Pepsin at night on retiring, and morning. It not only acts on the stemach and bowels but its tonic properties build up and strengthen system generally, which is an opinion shared by Mr. John Dev. of Bloomfield, N. J. He has a large lam- Washington St., Monticello, 111, ily and at ages where the growth and postal card with your name and development must be watched. Little dress on it will do.



MARIE DEY

Marie has thrived especially well on stage, and one which every grewing Dr. Caldwell's Syrop Pepsin. Mr. Day considers it the right baxative for tually on snowshors! He had a process Young and old and has found none better for young children.

The use of Dr. Caldwell Syrup Pepsin will teach you to avoid cathactics given to little bables, and yet equally saits and pills as they are too harsh for the majority and their effect in only temporary. Syrup Pepsin brings permanent results, and it can be conveniently obtained of any nearby prompt action will follow in the druggin at fifty cents and one dollar a bottle. Results are always guar-

anteed or money will be refunded. Families wishing to try a free sample buttle can obtain it postpaid by addressing Dr. W. B. Caldwell, 419 postal card with your name and ad-

Hundreds upon hundreds of them

a day and board, or perhaps shove

cards in saloons, clubs or other places,

ties and dances of the secret societies

larger attendance, than that of any

other equal population under the flag. Let me not be understood as saying

ernate in this way-they are not de-

and indulge in more reading through

ly well informed, even though not al-

ways well educated. In such com-

munities, if the peace officers and

other officials are of the proper make-

up, things go well and crime is re-

duced to the minimum, while if the

opposite is true, crimination, recrim

ination, goestp and turmoil is the rate

short summer season, sometimes alone

and sometimes with hired belp, and

their little pokes of gold-dust, for the

states, where they stay during the

ong winter, and crowd back on the

first boats in the summer to renes

Animals.

Bave as stated, we saw no animals

during the trip, that is rabbits; but

ptarmigan and spruce hous were nu

nerous. We saw mink the Indians

either the animals nor tracks of car-

box, bear, moose, welf or welvering although it is well known that those

animals are numerous in other sec

Daws whichever they

probably ravens, wintering north of

divers and other aquatic birds are

plentiful down on the open sea or

A curious thing about these 'mal-

smute" Alaskan dogs, that illustrates

in a marked way their wolfish stices

try is: In the towns and settlements

Where a horse is not seen for hun-

cited and start to run as if porsessed.

comes. On two or three occasions

One oscertains curious things about

We saw crows or ravens or

the operation.

tons.

the gouth coast.

generates; they are first-class people

anything against these men who

************************* Impressions of a Twelve Hundred Mile "Mush" Across Frozen Alaska

A random, unrevised account of a midwinter overland trip from Nome to Cordova, Valdez, and Seward. Alaska, with phijoophical, economical and political views regarding the great northern territory.

By B. S. RODEY. of Albuquerque, ex-United States Attorney at Nome. ********************************

(Fourth Instalment.)

I do not believe there is a single work hard during the summer at \$1 white man in Alaska who can truthin and strice gold out of their own fully, without being self-hypnotized, mining claims, and make a few hunhis band on his heart and say dred dellars. If they make more that Alaska is his permanent home, than that, they go outside for the fall. and that he intends to stay there forever, or as long as he lives, and would With the money they thus save they not get out if he should happen to buy a few tons of coal, a couple of make a stake. I am strictly from hundred dollars worth of grub, and Missouri on this proposition, and it is renew their rough clothing and thus my opinion that even a squaw man live in a cabin all winter in more or would leave the country, if they made less laziness and semi-fifth, cooking a stake, and either desert the squaw for themselves and going to bed and or take her with him. I know that setting up when they please like her to some extent this feeling that all the milts, and spending a considerable surely have of wanting to portion of their time and playing make a stake and leave will grow less as time passes, but it has not be- and in attending the meetings, pargun to grow less yet. and in going to church. It is not ex-

On the other hand, while it is mis-erable to have to live there, still the travagant to say that the churches of extreme cold of Alaska and the "July August" and "winter" sessons as to its actual endurableness, is greatly exaggerated by writers. There is a certain comfort in a warm cabin in an extremely cold climate, and when one is well clad, travel in twenty degrees below zero, or even in fifty below, is and induige in more below zero, or even in fifty below. It the long winter nights than people the long winter nights with the long winter not such a misery as it is painted, have known women in Alaska to do in the states proper, and are usual-travel with a dog-sled hundreds of by well informed, even though not almiles-white women, I mean-such a feat is no feat at all for a squaw; she snow-shoes five or ten miles a day looking after traps and snares on Yukon, I make the assertion if there should be a bonanza gold discovery at the north pole, that a stampede would take place from Some and vicinity to it, and inside of ninety days the number of men and women who would be in the new more than wages for the working. would make the expluits of Cook, Peary. Shackleton and Amundsen look like thirty cents.

Summer travel in Alaska will for many years be via railroads and rivera; no great amount of everland travel on the surface is possible in too much tundra, muck, creeks, sloughs and bogs.

After giving it considerable thought, I have made up my mind that the crowd of men that hibernate in Alaska year after year do so largely because they are independent charneters, and also because it is in a menso a lazy place to get along in

No Longer Do Women Fear The Great-est of All Human Bleesings,

It is a joy and comfort to know that These much talked of pains and other distreases that are said to preceds child-bearing may easily he avoided. No woman need they pay little or no liced to horses fear the slightest discomfort if she will and pass them on the trails and fortify herself with the well-known and intreets without exhibiting any extime-honored remoty, "Mother's Friend." citement. But out on a long imil

This is a most grateful, poperrating, ex-Bernal application that at care softens and dreds of miles, "hen they get neut one, and they can smell a horse often makes pliant the abdominal muscles and several miles, they will become exligaments. They naturally expand without the eligitest strain, and thus not only in the direction from which the scent bunlah all tendency to nervous, twitching spells, but there is an entire freedom from during the long trip, we came to places where there was no sign of manners, discountert, steepleasness and dread that so often leave their impress upon the horses, and could not understand the

excitement of the dogs until later on The occasion is therefore one of ut- we ascertained the cause by possing a bounded, joyful anticipation, and too much horse, or coming to where one was, stress can not be laid upon the remarkable and once we had a time, and a hard influence which a mother's happy, pre-nated time, to keep the dogs from actually dispusition has upon the health and for attucking the horse in true wolf faiblob tunes of the generation to come,

Mother's Prised is reconnected only for wondernft, sentiant and other crafts

peg nicely pointed, driven into this cardboard next the window midway on the straight side of the half cir cle, and he pointed out to me, that the shadow was shortest and further from the circumference of the circle ust at noon. I watched and I took the time. It was of course an old sun tial principle, but one does not always hink of such things, somewhere necessity forces it. One sees curious things in the are

o his window through which the sun

was shining, "I am just now deter-

mining when it is noon here, and I

think I can tell you that in a short

which I was esting to see how he was doing it, and this is what I saw.

to the cabin as a window stil, and had

home semicircle of white cardboard

pinned on it. He had a tail wooden

He had a flat planed board jutting in

I turned from my lunch

les at times. Things are done and expedients resorted to, that would not be thought of in other countries, one winter in the latter part of Murch ! was present in Nome, when a manarrived from Candle, a town more than 200 miles northeast. He arrived with six horses. Grest heavy, helryfellocked draft horses, and every on of the horses on showshoes! Yes, at of rough thick plank about ten inches wide and fourteen inches or so long. attached by clamps to every one of the ponderous hoofs of the animal Of course I cross examined him about it, and he told me that it would have been impossible to travel save in 199 way, and that even then, he had to travel mostly at night when the ano and crust was hardest. That withou the "saowshoes" his horses would have some out of sight in the snow, for it was twenty and thirty feet dec in some places. He said it did no take him more than half a day to break the horses to the use of th "shoes," and that they had easil carned to walk with them withou 'interfering." He said he can: trails, and that should be remove th mow-shoes, he could not induce the horses to take a single step off from the hard trail such fear had they gained from and experience, of ce yoming buried in the snow. He told me of having had, on other occasions to feed some of his horses in deep holes in the snow where they ha sunk until he could get a place shoveled out to extricate them. It was a curious sight to see these great horses of his, plodding along with houfs. such enormous

(To Be Continued.)

TO WHOLE POLICE

One Officer However Proved Day Sentence Over Him.

Harry Brown has left town. Harry as a thirty-day jail sentence hanging over him and with full assurance that it will be enforced if he comes back to Albuquerque soon, according to Judge Craig, who talked with Brown in police court this morning. Late yesterday afternoon Chief McMillin received a hurry call for help from the Brown residence on South Third street where, it was said, Brown was choking his wife. The call said to send two policemen The chief went himself at least. end went alone. Brown came with him very meekly and was locked up It was said that before the chief's arrival the man had threatened of men own placer-mining claims in lick the whole police force and clean

Alaska that will merely pay a little These men work their claims in the before and the officers have determined to stop his mud career. leave at the close of navigation with privilege of getting out of town, acepting the latter alternative.

days each and one plain drunk arrests have been made. drew fifteen days, completing the morning police court record

merous. We saw mink the Indians caught. We also saw many fox tracks, and weasel tracks, but we saw

degrees north listitude. Guils. Take a glass of Salts to flush kidney. if bladder blothers you.

or other, mays a well known authorbecause the aric acid in most excites the kidneys, they become overworked; get sluggish; up and cause all sorts of distress, particularly backsche and misery in the Ridney region; rheumatic twinger, severe headaches, acid ston ach, constipation, torpid liver, sleep lessness, bladder and urinary irrita

The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, get about four ounces of Jad Salts from any good gharmany; take a tablespoonful in glass of water before breakfast for i few days and your kidneys will the act fine. This famous salts is made from the acid of grapes and leme folce, combined with lithis, and has been used for generations to flush clogged kidneys and stimulate then to normal activity; also to neutralia the acids in the urine so it no longer irrliates, thus emiling bladder disor-

store at \$1.00 a bettle. Wells to-day to the ran across a sollor-miner in a cubin, and women take now and then to any 26. This play has been a sucstore at \$1.00 a bettle. Wells to-day to the ran across a sollor-miner in a cubin, and women take now and then to any 26. This play has been a sucstored Regulator Co., 130 Lamar Ridg., and asked him the time of day, as my across the kidneys and uninary organs come from the moment of its first
Arbeits, The a most instructive beat on warch had stopped. It was pearly clean, thus avoiding serious kidney breakedon and will be availed with

WOMAN WOULD NOT GIVE UP

Though Sickand Suffering; At Last Found Help in Lydia E. Pinkham's Vegetable Compound.

Richmond, Pa. - " When I started taking Lydia E. Pinkham's Vegetable Compound I was in e

dreadfully rundown state of health, had internal troubles, and was so ex-学学 tremely nervous and prostrated that if I and given in to my feelings I would have been in hed.

As it was I had hardly strength at times to be on my feet and what I did do was by a great effort. I could not sleep at night and of course felt very bad in the morning, and had a steady headache.

"After taking the second bottle I noticed that the headache was not so bad, I rested better, and my nerves were stronger. I continued its use until it made a new woman of me, and now I can hardly realize that I am able to do so much as I do. Whenever I know any woman in need of a good medicine I highly praise Lydia E. Pinkham's Vegetable Compound."—Mrs. Frank Clark, 3146 N. Tulip St., Richmond, Pa.

Women Have Been Telling Women for forty years how Lydia E. Pinkham's Vegetable Compound has restored their health when suffering with female ills. This accounts for the enormous demand for it from coast to coast. If you are troubled with any ailment peculiar to women why don't you try Lydia E. Pinkham's Vegetable Compound? It will pay you to do so. Lydia E. Pink-ham Medicine Co., Lynn, Mass.

BUNCHES BEING REPORTED

Quay County Sheriff Has Rewards Out for Seven Animals Taken During the Past Week: Cases Nearer Home.

Is there an organized hand of torse thieves operating in New Mex-Enough and Now, Brown Is 100? Has the gang a representative Leaving Town With Thirty need the offices of the mounted pofice again.?

> for an epidemic of horse stealing the council. seems to have broken out, the trail of which extends from the staked before the council asking time to get castern border of the state, through by the new health ordinance. the Estancia valley and into Albu- takers said it would require some

Yesterday the sheriff of Quny quickly as possible ounty sent out eards offering recomeari on January 9th. Yesterday Chief of Police McMillin and W. M. Brown offered \$100 reward for the return of the valuable horse stolen-The case is a sad one. Brown has from Brown's barn near the tie been guilty of mistreating he wife plant, Sunday night. These are the latest cases reported, but for the pan three weeks a string of horse was given thirty days in iail, or the stealing reports have come in leading from Quay county through Tor rance and Lincoln and into Bernalli-Five vagrants were dismissed this to county. Thirty or forty head of norning with orders to get out of horses have been picked up since own, two were sent to jail for ten the first of the year and as yet no

> HOW'S THIS? We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh

F. J. CHENEY & CO., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years, and dieve him perfectly honorable in all uniness transactions and financially able to carry out any obligations made NATIONAL BANK OF COMMERCE.

Hall's Catarrh Cure is taken interually, acting directly upon the blood gost anything you eat and overcom-Eating meat regularly eventually and mucous surfaces of the system, a sour, gassy or out-of-order stomach produces kidney trouble in some form Testimonials sent free. Price 75 surely within five minutes. cents per bottle. Sold by all Drug-

Dramatization of Well Known Chambers Novel to Be Seen January 26.

It is announced by the manager stomach misery is waiting for you at ment of the Elles' theater that the the relief and comfort of expectant mothers, of times in the most out-of-the way flowands of whom bare used and recompliance. For instance, at a mining makes a delightfur efferencement lithing have been booked for the local makes a delightfur efferencement lithing have been booked for the local makes a delightfur efferencement lithing have been booked for the local makes a delightfur efferencement lithing have been booked for the local makes a delightfur efferencement lithing.

HIGHLAND FIRE CO. MAY GET MOTOR

Fire Committee of Council Or- the plaster and the dered to Get Bids on Another Motor Engine for Aibuquerque.

CITY PAYS ALL BILLS

Current Accounts Paid in Full for First Time Without Use used to make. of Previous Year's Tax In-

The Highland fire station probably will be equipped with a motor engine and truck, similar to that in use at the central station, according to expressions of menibers of the city council at the regular meeting last night. One of the big black horses of the Highland station is sick and was entirely out of commission yesterday. The central station engine has been entirely satisfactory that far and has proven more economica in maintenance than the horses, and the fire chief and council are agreed that another motor truck for the Highland station will be economy. The fire committee was instructed get bids on the new equipment which it is expected the city will buy as soon as funds are available

The cly council last night paid all current bills up to January 1, and Alderman Clarke of the finance comque is urged to attend the meeting of mittee reported that this had been done without using a cent of the taxes for 1913. Which were not available. the club for 1914. It is proposed at this session to take up a number of Alderman Isherwood, who was prematters of tital importance to Aibussiding in the absence of Mayor Selquerque and in which every one in ers, stated that this was the firstime the city had been able to do terested in the city should take partthis since he had been a member of The club directors are planning a end street. I will self une buy horse the council. As Mr. Isherwood has campaign of active work for the city about 12 years old, will weigh about even a member of the council off and during the spring and summer and 600 lbs. branded on left shoulder. on, mostly on, for about twenty years, the meeting tonight will be devoted in the showing is a remarkable one Clarke presented a bill from campaign. Mrs. M. B. Covert for \$25, which she states she would accept in field of all paign for the advertising of Albu- whitedaims against the city for an acciquerque's climate will probably be dental fall which she had on a debrought up and with a number of fective sidewalk some time ago and strong advocates behind it. It is bewhich laid her up for two weeks. The matter was referred to the mayor.

who is familiar with the case Mayor Sellers arrived at the counmeeting just at 9 g'clock, having had an engagement to speak at the Moose todge. The council hurriedly adjourned just as the major entered shutting off a considerable grino of business which he desired to save transacted. The mayor threatens to get even by calling a special session. The " and of George T. Williams.

as electrical contractor on the new Catron and Fall, stating that they greater importance which are to be ing litigation, would look after the hi quietly by peace afficers here and in municipal cost lands. In compliance many quarters of the state just now, with a resolution recently passed by

plains of Quay county, all along the the special broad wrappers required querque, where a number of thefts time to secure the wrappings as prohave been made of late, none of the vided by the law. They were assured culmals thus far having been re- that time would be granted but that the law must be complied with as

The comreissioners for the Barelan wards for the return of seven head account were present for a confer-of horses stolen in and around To- ence, but this was postponed until to o'clock this morning when the engineer was instructed to confer! with the commissioners with powto act, they protesting that the old has not kept the acequia open as agreed

Ordinance No. 520, which would require bicycles to carry lamps, was laid on the table.

Ordinance: grades of streets in new addition conform with established city grades. was read the first time.

City Attorney Lawis advised the council to institute a friendly suit against the county in order to mettle the jong standing and vexed question of burial of the pauper dead, in order to determine definitely and finally whose is the responsibility

NERVOUS DYSPEPSIA GAS OR INDIGESTION

"Pape's Dispepsin" Digeste 3,000 Grains Food, Ending All Stomach Misery in Five Minutes.

Time it! Pape's Dispepsin will dis

If your meals don't fit comfortably, or what you ent lies like a tump of Take Hall's Family Pills for constl- lead in your stomach, or if you have heartburn, that is a sign of indiges-

Get from your pharmacist a fiftycent case of Pape's Dispepsin and nke a dose just as soon as you can There will be no sour risings, no beighing of undigested food mixed with acid, no stomach gas or heartborn, fullness or heavy feeling in the stomach, nausea, debilitating headuches, dizziness or intestinal griping. This will all go, and, besides, there will be no wour food left over in the stomach to poison your breath with

Pape's Diapepsin is a certain ouro or out-of-order stomachs, because it at Elks Theatre on Monday takes hold of your food and digests it just the same as if your stomach wasn't there.

Relief in five minutes from all

any drug store. These large fifty-cent cases contain enough "Pape's Dispepsin" to heer the entire family free from stomach disorders and indigention for many

months: It belongs in your home: Trimble's fivery, \$11 W. Cont.

How Good That MUSTEROLE Feels!

A-a-hit That's delicious relief for those sore muscles, those still joints, that lame beck.

MUSTEROLE is a clean, white the Chest (it prevents Pneumonia.)

Doctors and nurses frankly recommend. MUSTEROLE. tard and other home simples. It does the work of the oid - funhioued

mustard plaster, minus You simply MUSTEROLE on the spot where the poin is

-rub it on briskly and the pain is gone

TONIGHT

the Commercial club tonight.

meeting is the first peneral meeting of

The question of a milloral cam-

ities are drawing there people

No muss, no bother, Just comfort- Company, Cleveland, Ohio, and we TO JANUARY FIRST ing. southing rejief arst a gentle will send you a lar, postago propaid. Charles H. Kelly, Pathadelphia, Pa. glow, then a delightful sense of coolness. And best of all, no busiers like ole; indeed, I have prescribed it for the oid-fashioned mustard plaster several of my patients this week; it is a very valuable remedy.

There is nothing like MUSTEROLE

silitis, Croup, Stiff Neck, Asthma, Neuralgia, Headache, Congestion.

Pains and Aches of the Back or Joints, Sprains, Sore Muscles, Brusess,

Chilblains, Prosted Feet and Colds of

Doctors and nurses frankly recom-

mend MUSTEROLE. It is used in

Bronchitis,

Rhoumatism, Lumbago,

At your druggist's,

in 25c and 50c pers.

and a special large

inequital size for \$2.50.

Accept no substi-tute. If your drug-glid cannot supply

you, mend the or 10

to the MUSTEROLE

for Born Thrust.

Pleurisy,

tains hospitals.

brought before the club and every member is urged to be there promptly n & o'ctock.

CANDELARIA BUYS ON SOUTH SECOND STREET

John Candeloria, brother of Ambrosio Candelaria of Altenquerque and s prominent these owner of Arizona has purchased a frontage of eightyfive feet on South Second street from the Bank of Commerce and others, Every Business Man in Albu- and which he expects to improve in the near future. The transaction was querque Urged to Attend made by the El Sitio Real Estate company. Mr. Candelarm and his brother Meeting This Evening: stready are holders of extensive real Climate Campaign Proposed estate interests in Albuquerque and are showing their faith in the city by steadily increasing their holdings.

Open night and day, Trimble's liv-ery, Red Barn, 111 W. Copper,

Pound Sale.

on Friday, the 23rd day of Junuary, 1914, at 10 o'clock a. m. in from of the City Juli, on North Esomore reached and tall cut. large measure to the details of that one bay coit, about one and half years old, will weigh about 500 lbs. left front fout and both hind feet

> THOMAS MCMULLIN. City Marshal.

ing pointed out that duting the past SELLS 2,000 ACRES OF few years the number of health seekers coming here has materially de-THE COCHITI GRANT creased, and this it is believed in due

to the fact that other southwestern Thomas K. D. Maddison and Harthrough their adjections campaigns by P. Owen returned last night from Another matter which may be pro- Bernstillo where Mr. Maddison yesponed tonight is the merging of the terday as special master in the case ry P. Owen returned last night from Retail Merchants association with the of the Bonanza Development com-Commercial club. This has been proposed by several mombers of both as- pany vs. B. S. Rodey, sold 2.000 sociations and may come up for dis- acres of the Cachiti grant, the Behigh school building, was approved cussion.

Letters were read from Senators. There are other matters of even The sale is the result of long standnanza company bidding in the land





Will be the result of your purchase if the shoes come from us. When you buy here besides atyle and fit you get shoe service. You are sure of this for if the shoes are not right our guarantee of satisfaction is, it outlasts every pair of shoes we sell. Ser vice and quality is the full pledge of our policy and it is our highest aim to have every customer say "I am satisfied."

CHAPL VILLIAM

THE SATISFYING SHOE STORE